



Early Childhood Mental Health: Growing Missouri's Capacity

*Sponsored by Coordinating Board for Early Childhood, Missouri Department of
Mental Health and Burrell Behavioral Healthcare*

May 6th, 2016

8:30 am - 4:15 pm

Missouri Coalition for Community Behavioral Healthcare

221 Metro Drive, Jefferson City, MO 65101

Register by visiting: <http://dmh.mo.gov/healthykids/ecmh-collaborative-participants.html>

Overview

With funding from the Coordinating Board for Early Childhood and the Missouri Department of Mental Health we are excited to offer this third training for mental health professionals who have previously completed training in infant and early childhood mental health, as well as the six-month learning collaborative. The first portion of the day will focus on mindfulness techniques to use in working with young children, as well as self-regulation, and then will also discuss self-care and mindfulness for professionals working in the field.

In addition, the training will feature a half-day presentation from Dr. Martin Maldonado from the University of Missouri-Kansas City. Dr. Maldonado is a world renowned expert and presenter. He is a psychiatrist specializing in childhood mental health and infant and child development.

Six CEUs will be provided if you participate in both the morning and afternoon sessions.

Learning Objectives

Morning Session Presenters - Susie Henderson & Shelley Mayse

- Participants will be able to discuss sequential exercises for children to use for self-regulation
- Participants will develop a Quieting Reflex Book
- Participants will be able to explain standards for self-care
- Participants will utilize exercises and assessments in mindfulness, resiliency and compassion

Afternoon Session Presenter: Dr. Martin Maldonado

- Participants will be able to list the main manifestations of emotional and behavioral distress in children from 0-6.
- Participants will be able to conceptualize and explain the main areas of evaluation of an infant including attachment patterns and the quality of the parent- infant relationship.
- Participants will be able to describe some interventions appropriate to use with children 0-6 when there is a disturbance in sleep, feeding, self-regulation and excessive anxiety.

Agenda

8:30 – 9:00 am	Registration
9:00 – 10:30 am	Quieting Reflex <i>Presenter: Susie Henderson</i>
10:30 – 10:45 am	Break
10:45 – 12:15 pm	Resiliency and Self-Compassion for Providers <i>Presenter: Shelley Mayse</i>
12:15 – 1:00 pm	Lunch Provided
1:00 – 2:30 pm	Emotional & Behavioral Distress in Young Children <i>Presenter: Dr. Maldonado</i>
2:30 – 2:45 pm	Break
2:45 -4:00 pm	Evaluation of Parent-Child Relationship Interventions for Young Children <i>Presenter: Dr. Maldonado</i>
4:00 – 4:15 pm	Questions/Answers

Continuing Education Credits

Burrell Behavioral Health is committed to an ongoing process consisting of formal learning activities that (1) are relevant to psychological practice, education and science, (2) enable psychologists to keep pace with emerging issues and technologies, and (3) allow psychologists to maintain, develop, and increase competencies in order to improve services to the public and enhance contributions to the profession.

Burrell is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Burrell maintains responsibility for the program and its content. The morning workshop is approved for 3 hours of continuing education and the afternoon workshop is approved for 3 hours of continuing education. Attendance at both workshops is approved for 6 hours of continuing education. Each workshop is to be considered an intermediate to advanced level of training.

For questions regarding educational credit please contact Denise Mills, Education Coordinator at 417-761-5025 or via email at Denise.Mills@burrellcenter.com.

Accreditation approval only refers to these educational activities and does not imply endorsement of any commercial products by Burrell Behavioral Health or any other participating organization.

Participants will receive statements of credit at the end of the program when all requirements for credit have been met. Satisfactory completion of objectives will occur through program attendance. Therefore contact hours will be given only for hours the participant attends. In order to receive a statement of credit, all participants must sign-in at the registration desk and turn in a completed evaluation form at the end of the program. Continuing education statements will be e-mailed within 30 days to participants who complete and return evaluation forms and sign in on the program roster.

[For more information](#)

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